

Sunshine brightens Duvall's quilt festival

By Carol Ladwig

Historic Duvall's Main Street was awash in color last weekend during the seventh annual quilt show. More than 60 quilts fluttered in the sunlight, hanging on storefronts from Virginia down to Stephens, and more than 100 admirers toured the city to see them all.

Event organizer Diane Baker said before the event "The quilts that have come in are absolutely spectacular."

Two ladies from Everett came to Duvall for the day for a little inspiration. Their point-and-shoot cameras at the

ready, they walked down the street, picking out and photographing nearly every quilt on one block.

"You get all sorts of ideas here," said Diane, one of the pair. "We say, 'oh, how would this one look with these colors?' and 'what about this...'"

Volunteers in the Quilt Brigade were almost as numerous as the quilts, helping to answer questions about the quilts, flip them over so people could see the quilt stitching more clearly on the back, and even trying to recruit new quilters.

Nancy, a Duvall resident, was a fan of the fabric artworks, but not a maker of them. Pointing to a new friend, Sandee, she said "She quilts. I try to quilt... but I vacuum really well, and I'm a good cook!"

With the Heritage Festival going on just up the street at the Dougherty Hous, Baker expected there would be lots of back and forth traffic between the two venues all day.

This year's event was smaller in scale than it's been in past years, and that's as Baker planned it. "It was hard to

know what to do this year, with all the talk about the street construction."

The Main Street project will tear up, small portions at a time, most of Main Street from about Cherry Valley Road to about Valley Street over the course of about 10 months. During the project, all utility lines will be buried and the city will replace the existing underground water and sewer mains. Residents should still have access to Main Street businesses, possibly via back entrances or temporary gravel sidewalks.



Quilt show volunteers, left, admire their handiwork, having put all the quilts out on display early Saturday morning. Inside Whitfield's Plaza, right, Nancy, a non-quilter and Sandee, a serious quilter discuss how easy (or difficult) a quilt is to make. Photos by Carol Ladwig



Log home gives glimpse of green living

By Carol Ladwig

With a booming voice and enthusiasm to burn, Mike Vowels resembles a high school football coach more than the conservationist he actually is.

Make no mistake, though, Mike is not what most people consider a traditional conservationist. He says he's "the farthest thing from" a tree-hugger; the resource he's most interested in conserving is financial. "So much of the things I've done out here have been economics-driven," he says.

So, when he started building his log home in Duvall in 1984, it was with site-harvested wood, second-use timbers, and, where he could, scrap or used materials that he got cheap or even free. He made the most of what he had on his five acres, and traded his neighbors for theirs, too, like the cedar logs lining the pathways around the home.

Sometimes, of course, he had to buy new materials, but then he focused on quality, even if the products were not as eco-friendly, and even if

they were more expensive.

"If it lasts a long time, it's greener," he said. "It's not sending as much to the landfill."

As for his own scrap, he recycled it into wildlife habitat, erosion control features, forest art, and last Friday, a birdbath made from a broken shovel, which was attached to a tree so it looked like the shovel went through the trunk.

Nowadays, his focus is on keeping energy consumption and costs down. "A lot



Green Log Home
cont. on pg. 6

A man-made stream bed routes excess water away from the house and carport. Photo by Carol Ladwig

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Million Dollar Homes in Duvall

During the past 8 months in Duvall there have been 3 properties sold for over \$1,000,000. All were on acreage and their average sales price was \$1,239,000. There are currently 4 Duvall homes available priced between \$1 million and \$1,500,000 all having over 4,000 square feet. Our newest listing pictured here is priced at \$1,200,000 and is on a 3.5 acre lot in a gated community. Great room, hardwoods, 64-inch wide refrig., wine room, 4 bdrms plus bonus, media room and loft. Builder's landscaping is in progress.

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Duvall City Council News

City won't cancel Christmas, but most events could be affected by budget cuts

By Carol Ladwig

With a potential revenue shortfall approaching \$1 million, the Duvall City Council's budget workshop Sept. 25 was basically just a list of items that may be cut from the budget. Among the likely cuts is city sponsorship of nearly all of Duvall's events.

City Finance Director Dianne Nelson explained though, that only the city contribution toward these events might be cut; most events also receive other funding through grants. Only three programs, the Pea Patch, Farmers Market, and trick-or-treating, are proposed for a complete cut from the budget. The Pea Patch is entirely city funded, and the

Farmers Market takes in about \$5,500 in vendor fees, but has also requested another \$7,000 in city support for 2009. City staff members are considering a plan to fund the trick-or-treat event from their own pockets, though, Nelson said.

Of the events that receive both city support and grants, Duvall Days will still happen, but with only a \$22,200 budget once the city's \$17,000 contribution is out. SummerStage concerts will be reduced from \$21,000 to \$6,000, and Movies in the Park, from \$6,000 to \$3,000. The Heritage Festival will be down to \$700 from \$1,500, but Teen SummerStage is entirely grant

funded and so, won't be affected by the budget cuts.

Nelson joked that "The admin team said we couldn't take away Christmas, so \$1,700 is left for lighting a tree at Christmas time." That amount, though, will not be sufficient to light the large cedar tree at the entrance to McCormick Park. Public Works Director Steve Leniszewski said that tree alone cost roughly \$4,000 to light for the season.

All travel and training expenditures for staff, except for those required by the state, will also be removed from the budget. All of the above cuts, combined with the reduction of eight full-time equivalent

positions announced to affected staff members earlier this month, will leave the city with \$163,000 in the general fund and \$834,000 in an emergency reserve fund. The emergency reserve fund is required by city policy, to be 17 percent or roughly two months' worth of the city's annual operating costs.

The reason for the budget shortfall is a decline in new construction within the city. Council member Dianne Brudnicki noted that it sometimes takes years for the construction industry to recover from events such as the sub-prime mortgage crisis, and asked how that would affect the

city's general fund balance over time.

"Well, what we do is just slim down, we keep slimming down," said Nelson. "We work with what we've got, and the direction from council so far has been no new taxes."

However, she proposed for the council to consider, the possibility of a \$2.38 per month "street light utility fee... which would generate about \$60,000 a year."

The workshop concluded with a review of the budget timeline. A public hearing on the budget is tentatively scheduled for Oct. 9, with a potential adoption date of Oct. 25.

Library delayed again, possibly to 2010

By Carol Ladwig

For work to start on the new Duvall Library in the spring of 2009, a series of events had to happen by Sept. 30. None of them did.

The requirements were all established at an Aug. 12 design workshop between the city, the King County Library System (KCLS) which is building the library, Washington Holdings, which is providing a lot for the library, and developer CamWest. They focused on creating a unified design for the two properties totaling about 70 acres straddling Big Rock Road, and a development agreement that conformed

to the city's land use requirements.

A frustrated Paige Denison, chairperson of the Duvall Library Board, explained the effect of this in her annual report to the Duvall City Council Sept. 25. Since KCLS originally sought the co-development arrangement with WH specifically to reduce its infrastructure costs, it can't build the new library until WH starts building.

"It is highly unlikely construction work on the new library will start until the necessary infrastructure ...is complete, pushing the timeline out to 2010," Denison said.

Meanwhile, the citizens of Duvall are asking Library Board members frequently about the status of the library, especially since the Carnation Library construction is progressing visibly each day. Denison said she'd like to give people a definitive answer on that, but can't, and the city's recent budget cut eliminating 1.5 planning positions will make that even more difficult.

She said, "The (Library) board appreciates the tough calls the mayor and council have had to make due to revenue shortfalls. However, the board would be remiss to not point out

that the layoffs will have a direct effect on the project timeline. How could they not?"

On the positive side of her report, Denison said, "the current library, while undersized for our growing community's needs, is thriving." August circulation was up 8 percent from a year ago, and the library's summer reading program had 450 kids participating this year. The library is also open an additional three hours each week, while the Carnation Library is being built. The extra hours, plus additional traffic from Carnation may be part of the overall increase.

Real Estate, Real Answers

Our home is on the market, and we received an offer. We came to "mutual acceptance," and got ready to celebrate, but then learned that the buyers' financing fell through! Are there any safeguards against this?

First, I am sorry that happened to you; I imagine the buyers were disappointed as well. Not knowing the particulars of your contract terms, I can only offer some counsel that could be used in considering your next offer.

We are seeing transactions failing late in the transaction due to underwriting issues.

We are using an amendment to any offers on our listings, building in the following conditions:

**Despite that Buyer has its own lender, this transaction is subject to Buyers meeting with Sellers' mortgage representative, within five (5) days of mutual acceptance, for independent loan approval.*

**Seller shall pay any credit report fee required.*

**In addition, as consideration for Buyers' cooperation, Seller agrees to pay \$250 toward Buyers' pre-pays and loan costs, should this transaction close.*

If in the subjective judgment of the Seller, Buyers are not loan qualified based on the report of Sellers' mortgage representative, Seller may terminate this agreement by sending written notice to Buyers of termination within 10 days of mutual acceptance.

**In the event of Seller termination, earnest money shall be refunded to the Buyers.*

This contingency shall be waived unless Seller sends timely notice of termination.

Although this may seem bold, with most finance contingency time frames typically calling for loan approval to be 20-30 days out, that can potentially take your home off the market for too much time.

This is perhaps the best solution.



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to the editor:

Last month at the Snoqualmie Valley Network leadership meeting in Duvall, I shared the news of our expanded Metro bus service.

With State Representatives Larry Springer and Roger Goodman present, I asked the well-attended forum to, on the way home, take a good look at the deplorable condition of State Highway 203 and the lack of shoulders, south to Carnation and north to the King/Snohomish County line. We can also compare it to other state highways on the D.O.T. SR Web (www.srview.wsdot.wa.gov) as filmed on dash cams. SR 203 with SR 202 connects Snoqualmie and Stevens Passes on the west side of the mountains, is a truck route and serves as a detour route when one of the passes is closed.

In a few weeks, it will carry casino traffic for the new Casino Snoqualmie opening in November. Some drivers will have had too much to drink. Since the Muckleshoot Casino opened, accident rates have risen in the Auburn area on city, county and state roads. When the Foxwood casinos opened on the east coast, statistics show traffic increased 200 percent while accidents went up 500 percent.

In most areas of SR 203, there's little to no room to avoid a head-on collision and with no place for local police and state troopers to safely pull over offenders, we have to ask why, after all these years, the King County portion of 203 has never been brought up to the same standard as north of the

King/Snohomish County line? The D.O.T. explains that improvement projects happen only when our state representatives do the asking in Olympia.

As a citizen, I am asking our Duvall and Carnation city leaders, together, to insist our state representatives do their job for us in Olympia. In Carnation, we are still waiting for traffic lights and marked crosswalks.

As for the rest of us, several decades of complaining among ourselves has done absolutely nothing but given our tax money to everyone else in the State who did speak up and remind their representatives that as elections come and go, so can those we elect.

Jackie Perrigoue, Carnation




A look at the Harvest Celebration Farm Tour



Theo Sheronoff, above, paints a pumpkin at Full Circle Farms. Rachael Carey and Riley Nadell, top right, check out an old tractor at Benard Farms in Fall City. Maia Merlino, bottom right, makes apple cider at the Carnation Tree Farm.



Weekly Weather Duvall/Carnation

	HI/LO°	PRECIP.
 FRIDAY 10/3 Rain	58° / 52°	60%
 SATURDAY 10/4 Showers	55° / 48°	40%
 SUNDAY 10/5 Few Showers	55° / 48°	30%
 MONDAY 10/6 Partly Cloudy	57° / 47°	20%
 TUESDAY 10/7 Few Showers	55° / 47°	30%
 WEDNESDAY 10/8 Showers	54° / 45°	60%



Duvall-Carnation Police Blotter

Mon. Sept. 22, 2:50 p.m. Carnation, 4300 block of 331 Avenue NE, **Jewelry Theft:** A woman called police to report that thousands of dollars' worth of jewelry had been stolen from her home. She was unsure of when the jewelry had been stolen, however, so police have no suspects.

Tues. Sept. 23, 9:57 a.m., Duvall Police Station, **Found Purse:** A citizen found a purse near Novelty Hill Road, and brought it to the police station. Police identified the owner and contacted her.

Tues. Sept. 23, 10:28 a.m., Duvall, W NE Stewart and Main Street NE, **No Paperwork:** An officer noticed a vehicle with expired registration and made a traffic stop. The driver did not have a license, and so he was arrested and his vehicle was impounded. Further investigation revealed that the driver may have lied about his identity. He was turned over to Immigration Services.

Tues. Sept. 23, 12:09 p.m. Carnation, Tolt Avenue/NE 40 Street, **Archery Practice:** Park staff contacted police about a man practicing archery in the Tolt-McDonald Park. An officer contacted the man about the safety concerns he was creating, and he said he'd been practicing in the park for two years and only now ran into problems with park staff people. The officer suggested other areas for the man to practice.

Tues. Sept. 23, 12:10 p.m., Duvall, W 1400 block of Main Street, NE, **Shoplifting:** Police were called to a theft at Safeway. A store employee reported that a juvenile male had walked out of the store carrying several items he hadn't paid for. When the employee approached him outside the store, the boy threw the items and ran off. He eluded police, but not the store video cameras. Police will reopen the investigation when the subject returns.

Fri. Sept. 26, 10:36 p.m., Duvall, W 26600 block of Big Rock Road, **Spinning Tires:** An officer on patrol observed a driver spinning his tires in a populated area and stopped him. The driver's license was suspended, so the officer arrested him.

Sat. Sept. 27, 1:12 a.m., Duvall, **No Headlights:** Police stopped a vehicle driving in the dark of night with no headlights on. They contacted the driver and determined she was intoxicated. She was arrested for driving under the influence of alcohol.

Sat. Sept. 27, 8:57 a.m. Duvall, W 14000 block of Main Street , **Car vs. Deer:** Police responded to a traffic accident caused by a collision with a deer. The driver of the vehicle was uninjured, so police filed a simple accident report.

Sat. Sept. 27, 8:57 a.m., Carnation, 32600 block of Entwistle, **Stray Goats:** Police were called to round up two goats in the roadway here. The goats were munching on leaves, but were sometimes standing in the road, and could have caused a traffic hazard. Police contacted the owner, who took the goats home.

Sat. Sept. 27, 9:13 a.m., Duvall, W 27000 block of NE Big Rock Road, **Car Fire:** Police assisted Duvall Firefighters with traffic control while they worked to extinguish a car fire. The driver, who escaped unharmed, said the vehicle had suddenly been engulfed in flames while he was driving. Firefighters put out the blaze, but the car was destroyed.

Sat. Sept. 27, 12:53 p.m., Duvall, W 27500 block of NE 278 Street, **Playing Too Loud:** Neighbors called police to complain that some teens were playing basketball outside, which was fine, but their music was too loud. The kids were advised to turn it down.

Sat. Sept. 27, 10:58 p.m., Duvall, 15700 block of Main Street NE, **Assault:** A local business called police to break up a fight, but both combatants had departed before police arrived. One of them returned later and spoke with police, who determined that both people had been at fault.

Sun. Sept. 28, 8:44 p.m. Duvall, W Snoqualmie River Road, No Plate, **No License:** An officer watched a vehicle drive by missing its front license plate. Then the driver turned without signaling, so the officer stopped him. Turned out the driver was also missing a valid driver's license; his had been suspended.

Volunteers needed at Hopelink in Carnation

Hopelink's Eastside Literacy and other programs are constantly looking for volunteers to help people in need in theSnoqualmie Valley. Hopelink's Sno-Valley center in Carnation needs volunteers to:

- Pick up donated groceries at area stores on week-day mornings before noon and deliver them to the food bank (This is a critical need.)
- Assist with distributing food to clients during the food bank on the first and third Thursdays of the month from 11:30 a.m. to 2 p.m., and the second and fourth Wednesdays of the month from 5:30-7 p.m.
- Help at the reception desk with answering phones and greeting people who come to the center
- Sort, organize and hang up clothing and other

- donations.
 - Maintain the perennial garden beds around the center throughout the summer months
- Additionally, Hopelink's Eastside Literacy program needs volunteers to:
- Help adults learn to read or earn a General Education Development (GED) diploma
 - Assist non-native English speakers to improve their English skills
 - Teach computer skills to children and their parents.
- Training for all volunteer positions is provided. Volunteers must be comfortable communicating in English. To learn more about volunteering, call Hopelink's Sno-Valley center at **425.333.4417**.



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Homecoming extravaganza finds the Red Wolves at a loss

By Lori Oviatt

The Red Wolves put on a fanfare of a show, with all aspects of team spirit on display including fire-works at halftime for the 2008 CHS Homecoming game. With the stands packed in the stadium, the Red Wolves faced the South Whidbey Falcons Friday, Sept. 26, in a hard-fought battle. The Falcons came out on top, defeating the Red Wolves 22-14.

On the first possession the Red Wolves marched down the field with three carries by **Jacob Kriegbaum** for a 37-yard and a 12-yard run by **Darren Collinwood**, placing the Red Wolves on the 22-yard line looking at the end zone. Unfortunately, on the next play CHS fumbled and the Falcons recovered, dashing the hopes of the Red Wolves to be first on the board. The Falcons took over and marched down the field to score the first touchdown of the evening.

The next CHS drive found Collinwood, **Brandon Herman**, and Kriegbaum moving the ball 65 yards over a seven-minute period, setting up an 11-yard run by **Colin McHargue** who found the end zone. **Dusty Felts** placed the PAT between the goal posts, and the score was tied 7-7. However, the Falcons answered with another touchdown of their own on the next possession as they passed and scores, but miss the PAT.

The Red Wolves drove again only to be bitten by

the turnover bug as a pass was intercepted by a Falcon who took it in for a touchdown, giving South Whidbey a 19-7 lead. As the Red Wolves tried for a final drive before half time, once again they turned over the ball and had to put up a great defensive stand to stop the Falcons from scoring before half.

The Red Wolves defense put on quite the challenge as the Falcons were inside the 15-yard line for eight plays only to come up short on a touchdown. They were forced to kick a field goal, making the score 22-7 going into the locker room at half.

In the second half, the Red Wolves defense shut down the Falcons as Kriegbaum, Herman, **Dave Whims** and Collinwood combine for 36 tackles on the evening. Unable to move the ball on the ground the Falcons took to the air moving the

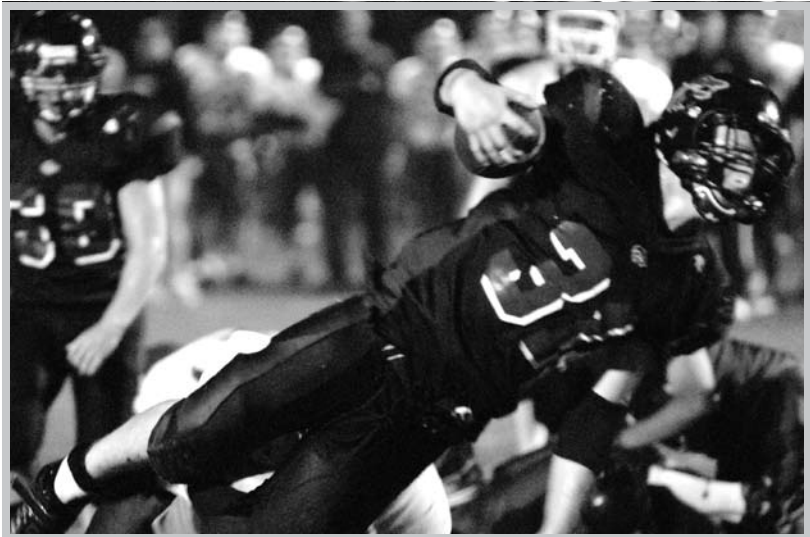


Red Wolves captains Darren Collinwood, Freddie Stevens, Dakota Bunce and Tommy Edwards head out for the coin toss.
Photos by Shaun McWhinney

ball somewhat but turning it over on a fumble.

The Red Wolves took over on the 30-yard line and started an eight-minute drive that consumed most of the third quarter. Collinwood, Kriegbaum and Herman had several gainers of 8-10 yards during the drive. Collinwood found the end zone with an 8-yard sprint in what would be the final CHS touchdown for the Red Wolves for the evening.

The Red Wolves threatened to score one more time with six minutes left in the game as the Collinwood, Kriegbaum and Herman show marched down the field one last time. Time seemed to stand still as the Red Wolves continued to move toward the end zone. As CHS approached the end zone the Falcons made a great defensive play, causing a Red Wolves fumble which the Falcons recovered on the 11-yard line. CHS was unable to get the ball back as time expired on the clock, giving the Falcons the win.



Darren Collinwood dives for extra yardage, gaining a total of 84 yards in the game against South Whidbey



Dusty Felts carries the ball for CHS

C Squad wins rainy game over Sultan

By Mike Miyoshi

The spirits of the players and fans were not dampened by the wet night at Sultan Sept. 17, as the C-squad football team won the game 28-14. Both teams played with heart and showed great sportsmanship, congratulating each other for good plays and helping each other up after knocking the other down.

The game started inauspiciously with a short Sultan kickoff followed by a CHS offensive fumble. It is often said defense wins games, and both teams showed defensive dominance early on by shutting each other out in the first few series. The Red Wolves finally put together a short drive ending with a **Cody Paxman** touchdown. The 2-point conversion attempt failed.

The wet conditions made the passing game a challenge, but **Nick Gagner** and QB **Justin Houser** connected on several throughout the game. The offensive line broke open holes for **Martin Vacamoce** to race through resulting in three touchdowns with two being long foottraces

of 60 yards and 75 yards. **Chris Dowd** and Houser ran for 2-point conversions on two of those scores.

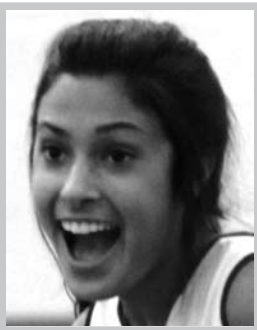
The Cedarcrest defense really showed mettle during the game with only two breakdowns. Unfortunately, both resulted in long touchdowns, one on the ground and one in the air. The defensive linemen kept the quarterback scrambling on passes and held the runners in check. Inside linebackers blitzed, covered receivers, and generally created havoc all night.

The result of all the interior work by the line and inside linebackers was that the outside linebackers and defensive backs kept the Turk air assault from doing much

harm. The man-on-man coverage of **Colin Hall**, Paxman, **Alex Hueter**, Houser, Gagner, **Aaron Giles**, and Dowd resulted in five interceptions!

The CHS C-Squad showed that hard work during the week pays off great dividends in the game. When the game was over, the players held their heads high knowing they gave all preparing for and executing the game, and receiving an extra dividend for all the hard work, a win.

ATHLETE OF THE WEEK



Rachael Kevin

Senior soccer player Rachael Kevin is Captain of the Red Wolves soccer team and continues to lead CHS in goals, as she did last year. She not only leads on the field but is also active in almost every aspect of student life at CHS, partici-

pating in video productions, fashion shows and too many others to list. Rachael provides encouragement and focus to her teammates and is always busting out in the biggest smile - one with an attitude that inspires you to feel better just to see it. On the field, she never stops-- she always seems to be in the right spot at the right time, scoring to date in every game so far this season including a hat trick against Sultan.



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CHS girls win one, lose two league matches on the pitch *By Lori Oviatt*

Going into the second week of league play, the Red Wolves were tied for first place with the Knights from Kings and Wildcats from Archbishop, the two foes they would face during the week. CHS faced the Knights first in a tough fought battle on Tuesday, Sept. 23, on the home pitch.

The Red Wolves struck first in the 12th minute of the game as **Rachael Kevin** began the play with a distribution of the ball from midfield to a streaking **Brooke Chapman** who crossed it back to center where Kevin made a “one touch,” “out of the air” finish into the net. The half ended with CHS in the lead 1-0.

Shortly into the second half, Red Wolves defender **McKenna Swanson** went down with an injury; she was able to return to the match later. The Red Wolves

shuffled players into positions not commonly played and the Knights took advantage of a Red Wolves miscommunication to score the tie goal. The Knights struck again in the 69th minute of the match, giving them the go-ahead goal and the win by a score of 2-1.

The Red Wolves faced the Tigers from Granite Falls on the home pitch Thursday, Sept. 25, in yet another physically challenging game. Coming off of the loss to Kings and missing Captain Kevin who was home ill, CHS was now tied for third in the league going into the game with Granite Falls.

The Tigers and the Red Wolves mixed it up well until the 34th minute of the match when a combination of passes from **Ashton Griffin**, **Maggie Pleis** and **Alix Combs** found **Emily Druschba** at the top of the box. With one touch Emily threaded the needle

between the near post and the keeper, where there was barely room for the ball. The half ended with 7 shots on goal by the Red Wolves and 4 by the Tigers.

Coming off the halftime break at the 60th minute of play, **Clair O’Donnell** played the ball neatly through to Pleis with nothing but the Tiger keeper in the way. Pleis placed the ball past the keeper for the second and game-winning goal. Keeper **Kori Butterfield** added another shutout out to her stats as the Red Wolves defeated the Tigers 2-0.

Saturday, Sept. 27, found the Red Wolves facing one of the best 2A teams in the league on the Archbishop Murphy’s home field. Both teams faced a challenge immediately as the side referees were not to be found. This was the third match of the week, a week packed with all manner of Homecoming week distractions; however, the Red Wolves came out focused to play soccer.

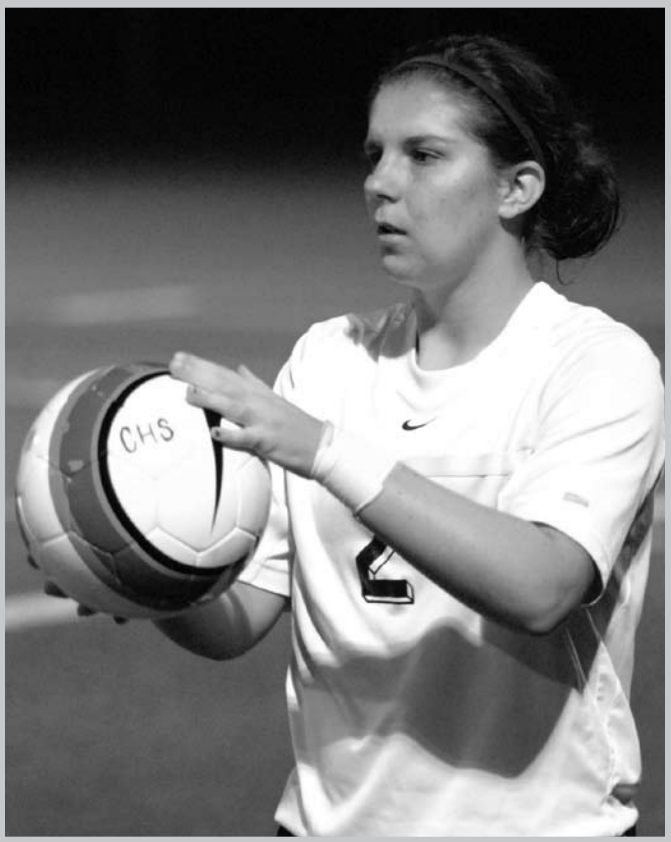
The Wildcats were first to shoot and score in the 25th minute of the match, off of a direct free kick; however CHS answered 6 minutes later on a Griffin corner kick, which was chested out of the air by **Erin Kearney** who neatly played the ball to Chapman for the finish. The half ended tied at ones.

The Wildcats scored again with a fortunate rebounding shot off of the crossbars at the 50-minute mark giving them the go-ahead goal. The Red Wolves threatened late in the game as Kearney’s shot off of O’Donnell’s cross assist was within inches of finding the net, but the game ended in a heartbreaking loss of 2-1 as time ran out.

Haley Clapp, left, tries to keep the ball from going out of bounds.

Paige Mackintosh, right, sets up for a toss in looking for an open Red Wolf.

Photos by Shaun McWhinney



CHS volleyball lose one win one in conference play *By Lori Oviatt*

On Tuesday, Sept. 23, the Red Wolves took on the Knights from Kings at Tolt Middle School, CHS’ temporary home court during the high school gym remodel. The Knights came out on top, taking all three games and defeating the Red Wolves with scores of 25-19, 25-15, 25-17.

Shannon Bailey paced the Red Wolves with 10 kills, **Sara Houser** added 6 kills while libero **Crystal Canady** added 10 digs and setter **Lindsey Smith**

provided 22 assists.

Coming off of the loss the Red Wolves prepared for Granite Falls on Thursday, Sept.25, and walked away with the win, taking all three games by scores of 25-22, 25-17, 25-15.

Setter **Lindsey Smith** played well despite being ill and Canady stepped in for setter duties to

help out. Bailey ended the game with 17 kills and 4 ace serves while Houser added 8 kills and 7 digs. **Jessica Knoth** contributed 7 kills and 2 stuff blocks and libero/setter Canady had 11 assists with 8 digs. **Shelby Koback** contribute 5 ace serves to help the Red Wolves defeat the Tigers.

RaeLea Davidson, left, serves for the Red Wolves.

Lindsey Smith, right, sets the ball for another Red Wolves assist.

Photos by Shaun McWhinney



CXC competes in league meet and Bellevue Invite

By Lori Oviatt

CHS competed in the first league meet against Archbishop Murphy, Lakewood and South Whidbey at Lakewood on a 3.1 mile course. The girls finished third while the boys' finished fourth with the placing in the meet affected by a "tempo workout."

"We asked about half the girls and a third of the boys to treat the race as a 'tempo workout,'" stated Coach Bruce McDowell, in an attempt to prepare for the Bellevue Invitational on Saturday which is one of the four high-caliber meets the runners compete in during the season. A "tempo workout" means the runners run a slower pace than they would in a normal race. First mile - slow, second mile - faster than first mile, third mile - "get after it," as defined by McDowell.

Athletes of the meet include **Trevor Lewis** who had his season debut and ran well from start to finish, as well as **Desiree' Nieblas** who ran an outstanding last mile and **Heath Olson** running his second solid race in a row. Also running well in this race were **Tanner Haistings, Madison Waterman** and **Sara Hoppe**.

In the top 30 for the boys the results included **Josh Denison** taking 15th running an 18:51, **Tony Mignalia** in 18th at 19:01, **Trevor Lewis** in 20th at 19:08, **Hayden Teachout** at 21st running 19:09 and **Andy Harm** at 27th with 19:59 followed closely by **Clay Hammontree** coming in 30th with 20:01.

In the top 30 for the girls the results included **Cara Strodel** taking 9th run-

ning at 21:02, **Brenna Eldredge** in 10th running at 21:02, **Missy Dowd** in 11th at 21:02 and **A Chittenden** in 19th at 22:32. **Tia Smith** finished 23rd at 22:36 followed closely by **Taylor Werner** in 24th at 22:36 and in 28th place was Nieblas running at 23:10.

On Saturday, Sept. 27, the CXC team competed at the Bellevue Invite, held at Lake Sammamish State Park. In this invite, varsity runners are split into different "flights" to compete. Although it was a frantic week with Homecoming activities and preparation going on, the team ran really well with the girls finishing fourth overall and first in the 2A squads while the boys finished 12th with the highest finish in the last five years.

The top 10 finishers in the varsity flights and the top five finishers in the junior varsity flights all win nice shirts. For CHS **Sam Grady**, Strodel, Eldredge, Dowd, **Mariah Pyle**, Smith, Chittenden, Werner, Jessica **Beam** and Nieblas all walked away with shirts. Athletes of the meet included Grady, Beam and **Alex Sklar** who ran at a 5K sub 7 minutes for his first time ever.

The boys' team finished 12th with the some of the top runners including Grady taking 8th at 17:29, **Chad Linnerooth** taking 9th at 17:52, **Nik Werner** at 5th running 19:05.

The girls' team finished 4th with some of the top runners including Strodel running at 19:06, Dowd running at 19:23, Eldredge running at 19:30, Pyle running at 19:55, Smith at 19:57 and Chittenden at 20:17.

Duvall businesses show Homecoming spirit

The week of Sept. 22-26 was very exiting for the students of Cedarcrest High School, since Homecoming was on the 27th. The cheerleaders hosted a door-decorating contest for the businesses of Duvall. The purpose of the contest was to get everyone exited for Homecoming weekend.

The stores and buildings of Duvall were asked to decorate their doors for the

theme of Homecoming, "Sail Away with Me." The cheerleaders saw some pretty creative doors but there could only be three winners.

Congratulations to Fiji Heat (1st place), Duvall Flowers and Gifts (2nd place), and Teddy Bear Cafe (3rd place).

Thanks to all who participated; you can look forward to this contest again next year.



Fiji Heat, managed by Danika Walter, center, was awarded first prize by the CHS cheerleaders, in the door decoration contest for Duvall businesses to show their Homecoming spirit. Photos by Shaun McWhinney



CHS cheerleaders awarded second prize to Schatzi Schricker of Duvall Flowers, center, for her door display.



Teddy Bear BBQ, owned by Konrad and Phyllis Haskins, took third place in the contest. Accepting the trophy was LuLu Hernandez.



Select team basketball tryouts coming up

Coaches for the Cedarcrest Select Girls Basketball Team, and the AAU Boys Baksetball Team will be holding tryouts in the coming weeks. All tryouts for both boys and girls will be at the Stillwater Elementary School Gym.

Girls in grades 5-8 are invited to tryout on Thursday Oct. 9, or Saturday Oct. 11. The schedule is as follows:

Thursday, Oct. 9
Grades 5-6, 6-7:30 p.m.

Grades 7-8, 7:30-9 p.m.
Saturday Oct. 11
Grades 5-6, 5-6:30 p.m.
Grades 7-8, 6:30-8 p.m.

For more information contact Jerry McKinney, mckinney.jerry@hotmail.com, or visit the Web site, <http://eteamz.com/CedarCrestSelect>.

Boys in grades 5-8 will be able to try out for the 2008-2009 AAU Boy's Basketball season on Saturday, Oct. 11, and Thursday, Oct. 16, according to the fol-

lowing schedule:

Saturday Oct. 11
Grades 5-6, 2-3:30 p.m.
Grades 7-8, 3:30-5 p.m.
Thursday Oct. 16
Grades 5-6, 6-7:30 p.m.
Grades 7-8, 7:30-9 p.m.

For more information contact Micah Rieke, **(425) 844-4849**, or e-mail riekem@riverview.wednet.edu.

CHS Football Varsity/J.V. Roster						CHS SPORTS ROSTERS				C-Team Football Roster	
No.	Name	Grade	Ht.	Wt.	Pos.					Name	Number
2	Stark, Josh	12	6'3"	190	WR/DB	Cedarcrest Women's Soccer Team				DJ Bergquist	53
4	Mowry, C.J.	10	5'10"	135	WR/DB	No.	Name	Grade	Position	Josh Davidson	51
6	Woelz, Jansen	11	5'8"	170	RB/DB	1	Kori Butterfield	11	GK	Chris Dowd	20
8	Soptich, Chad	12	5'9"	165	QB/DB	2	Paige Mackintosh	12	D	Hunter Evans	22
10	Taylor, Steven	11	5'8"	170	RB/LB	3	Ashton Griffin	11	F/M	Nicholas Gagner	80
12	Wilen, Paul	10	5'9"	155	QB/DB	4	Deena Ghazanfarpour	10	M/D	Aaron Giles	77
14	Wilhelm, Zach	10	5'9"	160	RB/DB	5	McKenna Swanson	9	D/M	Eli Gremmert	55
15	Hall, Patrick	12	5'6"	140	WR/DB	6	Erin Kearney	12	M (Captain)	Wyatt Grodzin	62
16	Herman, Brandon	12	5'9"	165	RB/LB	7	Alix Combs	11	F/M	Colin Hall	33
19	Edwards, Tommy	11	6'1"	175	QB/DB	8	Emily Druschba	12	M/D	Daniel Hineline	84
20	Erickson, Tyler	11	5'10"	160	RB/DB	9	Jamie Bottman	12	D	Justin Houser	12
21	Farias, Hernan	11	5'9"	135	WR/DB	10	Michaela Richter	12	D	Alex Hueter	23
22	McHargue, Colin	11	5'7"	170	RB/LB	11	Jackie Taylor	12	D	Zac Jordan	61
23	Harding, Jake	12	5'9"	165	RB/LB	12	Haley Clapp	12	D	Tanner Marty	
25	Klingenberg, Jared	10	6'4"	205	RB/LB	13	Clare O'Donnell	12	M/F	Robert McNair	68
26	Pleis, Jackson	11	6'2"	170	RB/DB	15	Brooke Chapman	12	F/M	Dakotah Misquez	75
30	Kenney, Jed	11	5'11"	170	RB/LB	16	Rachael Kevin	12	F (Captain)	Tyler Norman	60
31	Collinwood, Darren	12	6'0"	190	RB/LB	17	Maggie Pleis	9	M/F	Cody Paxman	14
32	Kreigbaum, Jacob	11	5'10"	195	RB/LB	22	Marissa Keefe	11	GK	Brendan Smith	71
35	Oja, Josh	10	5'9"	135	WR/DB	Varsity Coach: Denis Watts				Martin Vakamoce	5
34	Collinwood, Brent	11	5'11"	155	RB/LB	Assistant Coaches: Stacy Eldredge, Nicole Pitts, David Debrecht, Zack Pittis				Devon Young	59
38	Denzer, Tyler	11	5'9"	175	RB/LB					Michal Hrcek	40
41	Whims, Dave	12	6'3"	190	TE/DL	CHS Drill Team				Austin Koons	32
44	Felts, Dusty	12	6'0"	180	WR/DB	Officers are Catherine Beard (Captain), Kim Bonner (Captain), Mali Murphy (Lieutenant), and Tori Quayle (Lieutenant).				Hunter Lee	4
47	Marty, Tanner	9	6'0"	175	RB/LB	Additional team members are:				Emily Haun	2
50	Lindemulder, Jacob	12	5'9"	210	OL/DL	Tristan Atkinson	Nicolle Norman	CHS Cheer Team Roster			
51	Fleming, Clayton	10	5'10"	230	OL/DL	Caren Barrett	Kira Podolsky	Bri McCadam			
54	Fratzke, Michael	11	5'8"	210	OL/DL	Lauren Becker	Maddie Pritchard	Natalie Howard			
55	Fromm, Austin	10	5'10"	145	OL/DL	Ashley Bryant	Alexandra	Rylee Pemberton			
57	Bunce, Dakota	11	5'10"	220	OL/LB	Brittani Calvert	Robertson	Stephanie Montgomery			
59	Swanson, Gunnar	11	5'9"	210	OL/DL	Gwenaelle Cattin	Lauren Rogers	Crystal Montes			
60	Ellsworth, Axel	10	5'11"	185	OL/DL	Lauren Ellsworth	Ronja Ruppert	Chelsea dolozycki			
62	Gibbs, Alex	11	5'11"	240	OL/DL	Amanda Hineline	Linda Snyder	Lilly Schnebly			
62	Gonzalez, Luis	11	5'10	245	OL/DL	Amanda Hoag	Taylor Stokke	Stormie Tietje			
64	Skelton, Tyler	11	5'11"	195	OL/DL	Emilie	Kortney Thorson	Emily Hisler			
64	Smith, Tyler	10	6'0"	215	OL/DL	Humberstone	Kirby Van Patten	Gabrielle Rouleau			
66	Stevens, Freddie	12	5'9"	240	OL/DL	Morgan Marchel	Cassie Weldon	Madeline Rocchio			
68	Chess, Conner	12	5'9"	185	OL/DL	Shelly McNulty	Alexa Wehmeyer	Sarah MacMillan			
70	Govier, Mike	11	6'4"	330	OL/DL	Amanda Miller		Alea Carr			
71	Panek, Sam	10	5'7"	165	OL/LB	CHS Dance Team				Lauren Houk	
72	Hagreen, Tim	11	5'9"	165	OL/DL	Chantel Symms (Captain), senior				Sierra Berg	
75	Bates, Kenny	11	5'10"	215	OL/LB	Caysi-Rae Mason (Captain), senior				Danika Green	
78	Deline, Jeremy	11	6'0"	180	OL/DL	Kaitlin Gatens, senior				Alena Scott	
80	Ritter, Jake	12	6'0"	210	TE/DL	Amanda Xiong, senior				Alexa McCarty	
81	Johnson, Cory	12	5'11"	160	WR/DB	Morgan Rossi , sophomore				Ashley Paulsen	
84	Schreurs, Evan	11	6'2"	210	TE/DL	Melody Xiong, freshman					
85	Bishop, Mark	11	6'3"	180	WR/DB						
88	Horton, Tim	12	5'10"	215	TE/DL						
90	Bergquist, Joseph	10	5'8"	160	OL/DL						
92	Haack, Keenan	11	5'9"	170	OL/DL						
97	Duffy, Jared	11	6'1"	175	TE/DL						

LOCAL ARTS, CULTURE

Green Log Home cont. from pg. 1

of the stuff that’s driving people to ‘go green’ is writing those checks every month,” he explained.

So in recent months, Mike added a solar water heater, which has already visibly lowered his gas bill, and a whimsical “solar clothes dryer” (a clothesline hung at a wheelchair accessible height) that visitors to the home chuckled about on Saturday.

Mike and his wife Karen opened their home to nearly 250 people last weekend, as part of their own “Living Green” event, and as part of the Master Builders’ Association tour of homes. Several green vendors and Puget Sound Energy were also available for information. During the day, people toured the log home, admiring not only the greywater recycling bog garden outside of the home, and the living roof on the shed, but also the unique “green” features inside, like the wooden floors, with rope detail.

Almost all of the wood used in the house came from the property, including the cedar shakes on the roof, some which Mike cut himself out of scrap wood, and the plank flooring, installed when the wood was still green. As the green boards dried, they shrank leaving gaps to be filled with various widths of rope.

Flooring is a major component making the Vowels’ home “green.” In the utility room, there’s sheet flooring made from linseed oil and paper pulp (“not vinyl” says Mike), and outside, the deck is made of a commercial product using recycled wood and recycled plastic (it’s not as green if they make new plastic for the sealant, Mike points out. He even used recycled materials – shredded truck tires – as a sort of paving material for a carport outside.



Pat and Sue Park read about the efficient water heater system next to one of the majestic indoor totem poles. The home has two totem poles, both load-bearing, and carved in place by a friend, Dave Barnhart. Photo by Kristi Dranginis

Outside is where Mike and his co-worker Jake Hatfield (Mike, Karen, and Jake comprise the newly formed Stewardship Remodeling company) really got into the recycling, though. Nearly every log or stump on the property was harvested from the surrounding five acres and re-established to provide habitat for plants, bugs and other wildlife. Hundreds of feet of logging cable have been put to work for structural support and for bundling small scrap logs into a large berm along the road, providing a sight and sound buffer for the house, and a home for the occasional mountain beaver.

Mike is working toward green-built status from the Master Builder’s Association, but he’s long been a member of King County’s Timberlands program, encouraging property-owners to practice sustainable forestry. That was an easy decision, not economic at all.

He explained that he was watching a Discovery Channel show on the Brazilian rainforest, referring to it as the lungs of the world. On a more local level, he said, “you could say that my woods are the lungs of my neighborhood.”

So he feels a personal sense of responsibility to maintain his



Mike Vowels welcomes a few old friends to the open house.



Jake, a member of Stewardship Remodeling, shares his excitement about working on this project.

woods and sustain all the creatures in it. Expecting government organizations or large corporations to solve the problems of erosion and pollution just isn’t going to cut it, he says, and people shouldn’t want it to.

“I’ve grown to be a little bit passionate about me having the opportunity to do something on my one little piece ...” he says. “It’s like I’m taking care of something that really isn’t mine. If everybody did a little something, then things would be different, better.”

Lights out: Conservation can be a resource *By Carol Ladwig*

We all know how to save a little on our utility bills: turn the thermostat down a degree, lower the temperature on your water heater, turn off the appliances when you’re not using them.

You might be surprised, though, to know that Puget Sound Energy (PSE) is promoting all of these tactics.

“My whole goal in life is to get people to use less of our product,” said Kristi

Nice, a PSE representative at Saturday’s Living Green event. “Every kilowatt you don’t use is one we don’t have to generate.”

Nice adds that PSE is one of the first utilities in the nation to consider “conservation as a resource. We call it the first fuel,” she said. For instance, she says, turning off a light “is so easy!”

“Not with my husband and kids!” laughs a visitor to the event.

Actually, yes, Nice maintains. With compact fluorescent lightbulbs (CFL), people can save significantly on their energy bills, and their bulb replacement costs. A CFL uses about 75 percent less energy than an incandescent bulb of the same output, and will last about 10 times longer. Also, the CFLs don’t have to be switched off every time you leave a room.

“We use the 15-minute

rule,” said Nice. If you will be out of the room for less than 15 minutes, leave the light on. These bulbs are actually designed for longer run-times, and may burn out sooner if switched on and off frequently.

The drawback to CFLs is that you must recycle them. PSE offices will accept CFL bulbs for recycling, as will Ikea, Home Depot and Bartell’s Drugs.



Jason Battles is impressed with the use of old chain to direct water into the rain barrels.

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CELEBRATION & ENTERTAINMENT



Celebration raises totem pole

Fred Fulmer, a Carnation wood carver, celebrated many things on Sunday, but especially his 50th birthday, and the raising of a yellow cedar totem pole he carved himself to commemorate the event. Many tribe members and elders from several area tribes, including Alaska natives, participated in the ceremony. The Snoqualmie Tribe did a blessing of the ground and many elders helped to raise the pole by hand.

Top Left: Hands support the totem pole and touch the blue moon mask, which Fred, right, added to the pole's design to honor the Snoqualmie Tribe. The Snoqualmie Valley is also known as the Valley of the Moon. Top Center: The finished pole carved by Fred Fulmer is about 15 feet tall. Top Right: As one, tribe members heave the totem pole into place. Bottom Left: John Craft, a fellow wood carver, dances in the wolf mask he carved, while Fred Fulmer dances in the background. Photos by Kristi Dranginis

Harvest Celebration starts at Remlinger Farms

Home to the Northwest's largest Fall Harvest Festival, Remlinger Farms this year is honoring JP Patches' 50th anniversary with the farm's corn maze. The maze, called "Help JP Help Children's Hospital," features the face of this Northwest icon.

JP Patches has made several personal appearances at Remlinger Farms this summer to bring awareness to his fundraising project for Children's Hospital. JP's fundraising event will continue through 2008. All of the money raised will go to Children's Hospital.

The corn maze will also help with JP's efforts; all proceeds from the Friday night corn maze adventures will go to Children's Hospital. This maze is open Saturdays and Sundays from 10 a.m. to 6 p.m., as well as Friday nights, for a special flashlight adventure that includes a large bonfire, Oct. 10, 17 and 24.

Remlinger Farms' Country Fair Fun Park has been decorated with more than 750 scarecrows. One admission price to the park includes

over 30 activities and events including "Hank" the authentic steam train, pony rides, and a wagon ride through the U-Pick pumpkin patch.

www.remlingerfarms.com or call **435-333-4135x100**.

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Ask Shelley

Q Dear Shelley,
My wife had an affair. She has given up that relationship and wants to be back in our marriage. I don't know if I can feel comfortable in our marriage anymore. It was like a kick in the stomach when I found out and a lot of little kicks as the story has unfolded. Is it possible to be close to someone who has done this? I really believed we were doing well. I have a good job, and so does she. We have a wonderful son, a nice home, good friends and family nearby. I can't see a way through this, but don't want to give up all we have worked for. Do I just need to bite the bullet and move on? - Betrayed


A Dear Betrayed,
There is little that is a worse blow to a marriage than infidelity. Some marriages can recover from this but it is a very long, arduous process. If a couple is willing and able to look into their deepest (and often, darkest) selves, a strong and mature marriage can result. Marriages represent our most primary attachment in our adult life. Honesty and self-disclosure are the bedrock of a primary attachment relationship. When this is compromised, some pretty basic parts of our selves feel like they are unraveling. There are many reasons a spouse might choose the path of infidelity. What was not working in the marriage needs to be addressed. I recommend the assistance of a professional therapist or pastoral counselor for help unwrapping the really painful and sensitive emotions and beliefs operating in the marriage. The recovery process will include nondefensive listening to your feelings of betrayal. Our brains are not wired to "just get over it" quickly when this primary bond is broken. Her task will be to work with you to identify what it will take for you to forgive her. She will also have to reconnect herself with the family and social networks associated with your marriage. Of course, you must also manage the distorted thoughts that will make it hard to reconcile and be open to what you can do to repair what had been wrong in the marriage.

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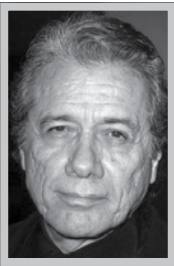
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Hopelink luncheon to feature actor, producer, activist Edward James Olmos

Edward James Olmos, a community activist and actor currently playing the role of Admiral Adama in television's Battlestar Galactica, will be the keynote speaker at Hopelink's 13th annual fundraising luncheon on Monday, Oct. 20. Olmos will share his perspectives and personal experience with building community and addressing community needs in a presentation entitled "We're All in the Same Gang." While he is well-known for his portrayals of Jaime Escalante, the math teacher, in the film Stand and Deliver and Lt. Castillo on television's Miami Vice, he is also an energetic advocate for the disadvantaged and a humanitarian who takes on projects to help people in need in the U.S. and around the world. He is a US Goodwill Ambassador for UNICEF and a national spokesperson for organizations such as the Juvenile Diabetes Foundation. Olmos is also the executive director of the Lives In Hazard Educational Project, a national gang prevention program funded by the US



Dept. of Justice. Additionally, he played an instrumental role in the cleanup efforts after the LA riots, the 1993 Los Angeles earthquake, and Hurricane Andrew in Florida. Hopelink's 2007 luncheon raised more than \$1 million to fund its more than 40 services for families, children and senior citizens living in poverty. Scott and Allyson Svenson, 2008 luncheon co-chairs, are hoping to surpass that amount this year as corporate and community leaders come together in support of Hopelink. The Reaching Out benefit luncheon will be Monday, Oct. 20, from noon to 1:15 p.m. at the Meydenbauer Center in Bellevue. Registration begins at 11:30 a.m. There is no fee to attend, but guests will be asked to make a donation to support Hopelink's services. For more information, contact Venetia Vango at 425.897.3705 or venetia@hope-link.org, or visit www.hope-link.org and click on the Reaching Out Benefit Luncheon link.

Great Smiles

Do You Brux Your Teeth?

No, this is not a typo—I'm not talking about oral hygiene habits. Bruxing means to clench or grind your teeth, and it's a fairly common, yet under-diagnosed, dental habit. Many people don't realize that they are clenching or grinding their teeth, because they do it while they sleep. If you wake up with a dull headache or a sore jaw, or find yourself clenching your teeth during the day, you too, may be a bruxer. Bruxism can develop at any age, and may or may not cause discomfort. It may result in a loud "scraping" sound, or be silent. Some people brux regularly, some off and on and some for a time, then stop forever. The causes of bruxism are unknown, but some experts suspect that life stress, sleeping problems, or missing or crooked teeth may contribute. Children may grind their teeth as a result of colds, allergies or ear infections.

Bruxism can lead to severe pain of the facial muscles, headaches, sore teeth, fractured teeth, loose teeth and damage to the temporomandibular joints. Your dentist can diagnose this problem by your history of symptoms, and by examining your teeth. Bruxers often have irregular wear spots on their teeth. They may also have more than normal "looseness" of their teeth. Sometimes, if I'm not sure if a patient is grinding currently or not, I will recommend they wear a rubber mouthguard to bed. We check the guard in a month or two for signs of abrasion—or proof of grinding. People are often amazed that they do, indeed, grind at night, and are eager to do something to protect their teeth and jaws. Stay tuned next time for treatment options—and an exercise that just might help you. Keep smiling!



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Jake wants you to run for free at Nov. 15 Turkey Trot

The days are getting shorter, the school buses are chugging along their routes, and Jake the Turkey is lacing up his trainers for the third annual REF Runs for Riverview.

On Saturday, Nov.15, the Riverview Educational Foundation will hold its third annual “Run for Riverview” Turkey Trot event, at Tolt Middle School in Carnation. New this year, organizers are offering the opportunity to run the **5K and 10K courses** for free! Collect \$100 in pledges, and you will earn a free race entry. Collect \$200 in pledges and be featured as a supporter on the 2009 race shirts.

Everyone is invited to come, enjoy the day and support healthy youth! All profits go directly back into the schools for health and physical education needs.

To date, more than \$15,000 has been awarded to local schools as a direct result of this event. Examples of grants funded include weights, aerobic and lacrosse equipment and advanced health curriculum materials (CHS), strength

equipment (CE), stability balls (ERMA), bilingual parent education materials (CV), tchoukball equipment and climbing room upgrades (TMS) and special education life skills materials including adaptive bicycles (TMS).

Riverview Educational Foundation (REF) is a non-profit volunteer organization established in 1991 by local community members to enhance the educational opportunities in the Riverview School District. This event focuses on health and wellness because it is widely recognized that healthy students are better able to learn. Schools can help optimize student readiness to learn by providing an environment that supports positive physical activity and eating behaviors.

This is why all proceeds from the fun, active and educational November 15th events will be designated for REF Health and Wellness grants; so that *together*, we can strengthen the learning environment for our students.

vents for the day include the 5K and 10K Turkey Trots

on the Snoqualmie Valley Trail, free Li'l Gobbler Dashes immediately after the Turkey Trots, and a free Health Expofeaturing Group Health Foundation’s Blood and Guts exhibit, taste tests just for kids, a visit from local author Brianna Grant, signing copies of her book, “We are Girls Who Love to Run.” You do not have to race to come to the Expo!

Register today at www.refweb.org, www.active.com, Footzone (Redmond and Issaquah) or Thrive Community Fitness (Duvall)

Want to talk turkey? Contact Race Directors, Paige (paigedenison@yahoo.com) and Dean (dvergillo@cablespeed.com) or Expo Director, Kim (kimlisk@comcast.net).

Special thanks to our Feather in Your Cap sponsors: River Current News and Valley View and Drumstick donors: Duvall Civic Club and PCC Markets! For a complete list of sponsors visit www.refweb.org.

Lake Joy residents celebrate annual get-together

The weather was perfect again this year for the annual Lake Joy Picnic, which brought more than 80 people to the home of Mary and Morgan Wilhelm for a barbecue. The Lake Joy Community Club

provided the burgers and hot dogs; salads and desserts were provided potluck-style by everyone else in the neighborhood.

Cindy Drushcba, membership chairwoman, arranged the games for the

children. This year, the kids enjoyed sack races, a piñata and water balloons, besides just playing at water’s edge.

A lot of laughter, great food and relaxing in the shade was the order of the day.

There is a great saying that just seems to epitomize the fine feeling of the community at Lake Joy: “If you’re lucky enough to live on the water, you’re lucky enough.”



These two photos show the annual Lake Joy picnic gathering taken in 2008 and in 1952. Photos courtesy of Mary Wilhelm

Riverview CTE Department wins award for second straight year *Submitted by: Leanne Christensen, RSD*

The Career and Technical Education Department at Cedarcrest High School was one of six high schools in Washington state to win the Washington Association of Career and Technical Education (WA- ACTE) 100 percent Membership Award at the WA-ACTE Conference in August in Spokane. This is the second consecutive year that Cedarcrest CTE has won this award.

Membership in WA-ACTE and ACTE (the national association) consists of Donna Bielstein, CTE

Director; Marc Hillestad, business and marketing; Doug Hall, business; Mike Miyoshi, computer science and engineering; Tim Kennedy, media arts; Sarah Thomas, horticulture and floriculture; Les Collins, agriculture mechanics; Angela Jensen, sports medicine; and Debbie Gilmore, Career Specialist. Bielstein, Miyoshi, Kennedy, and Thomas all attended this year’s conference.

The Cedarcrest High School CTE Department strives to provide the

best learning environment for students by engaging in professional development such as the WA- ACTE Conference. The more that CTE teachers are equipped with current knowledge and skills, the more they are able to provide the same for students to meet the workforce demands.



Career/ Technical Education Department staff members pictured from left are Angela Jensen, Marc Hillestad, Mike Miyoshi, Doug Hall, Donna Bielstein, Debbie Gilmore, Sara Thomas, Tim Kennedy, and Les Collins. Courtesy photo



Alpaca farm day

Two friendly alpacas at Jo’s Fleece Fields in the Snoqualmie Valley wait for visitors during Alpaca Farm Days last weekend. Photos by Shaun McWhinney



Duvall Lecture Series continues with ‘Knives and Bladesmithing’ *Submitted by Dave Weinstein*

The Duvall Lecture Series continues on Thursday, Oct. 2, with a talk on “Knives and Bladesmithing” by Daniel O’Malley, starting at 7:30 pm. at the Duvall Community Center, 26512 NE Stella Street.

O’Malley is a bladesmith and the founder of Blade Gallery. His talk will focus on the history of culinary knives, and the techniques that have been used to craft them.

The Duvall Lecture Series is a production of the Duvall Cultural Commission, with sponsorship from 4Culture and the City of Duvall. Lectures are free to the public and all ages friendly. Programs are the first Thursday of each month from September through December.

For more information, call 206-661-5285 or visit www.duvallwa.gov

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Become familiar with wealth-transfer strategies

To retire comfortably, you need to save and invest regularly. For example, you need to contribute as much as you can afford to your 401(k) and IRA. But once you retire, you'll need to "switch gears" somewhat and move from wealth-accumulation strategies to wealth-transfer strategies.

An effective wealth-transfer strategy can help you accomplish a variety of goals, such as distributing your assets the way you choose, avoiding probate and reducing estate taxes. And you can explore a variety of wealth-transfer tools, including the following:

- **Gifting** — You can give up to \$12,000 per year to as many people as you'd like without incurring gift taxes. And if you want to help a child or grandchild pay for college through a Section 529 college savings plan, you can "bunch" the \$12,000 limit over five years to make one \$60,000 gift, or one \$120,000 gift if it comes from you and your spouse. (If you group the contributions together this way, you won't be able to make another \$12,000 gift to that same child or grandchild for the next five years.)
- **Will** — A will is simply a plan for distributing your assets to family members and other beneficiaries. If you were to die intestate (without a will), state laws would determine how your assets should be

distributed — and there's no guarantee that the end result would be what you would have chosen.

- **Beneficiary designations** — Many of your financial assets — including annuities, life insurance, IRAs and 401(k) plans — allow you to name a beneficiary. Upon your death, your beneficiary will automatically receive these assets, avoiding the sometimes time-consuming, expensive (and public) process of probate. Because beneficiary designations supersede any instructions you might put in a will or living trust, it's essential that you periodically review these designations to make sure they reflect your current wishes.
- **Trusts** — Different trusts can help you accomplish a variety of wealth-transfer and estate-planning goals. For example, a revocable living trust can help you leave assets to your heirs without going through probate. You can also structure the trust to stagger payments over a number of years, rather than all at once, or include other restrictions or incentives. An irrevocable life insurance trust allows you to keep the death benefit of your life insurance policy outside your estate, so the insurance proceeds won't increase your estate tax liability. And a charitable remainder trust allows you to transfer

an appreciated asset — such as a stock or piece of real estate — to a charitable trust, thereby allowing you to defer or even avoid capital gains taxes on the sale of the asset. Plus, the trust can provide you with a lifetime income stream while the remainder of the assets can be distributed to your favorite charities.

As you can see, trusts are versatile instruments — but they are also complex. Consequently, you'll need to consult with your tax and legal advisors regarding your particular situation.

In fact, all the wealth-transfer techniques we've looked at will require some careful thought and preparation on your part — so don't wait too long before getting started. Time has a way of sneaking up on all of us — but it's especially sneaky when we're unprepared.



Danny Edwards is an Edward Jones financial advisor based in Duvall. He also is immediate past President of the Duvall Chamber of Commerce. To contact him, call 425-844-9769.

Kujala-Hoe Wedding

Levi Kujala, the son of Steve and Debbie Boggio of Duvall, married the love of his life, Angela Hoe on Aug. 23, in West Yellowstone Mont.

Levi a '95 graduate of Cedarcrest High School, has been the drummer, manager and producer of the Clintons www.clin-tonsband.com since the band's inception in 1999. Angie, the daughter of Tim and Rene Hoe, was born and raised in Ennis, Mont. and is the Human Resources Officer for First Security Bank in Bozeman, Mont. The couple will reside at their home in Bozeman.



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Lives changed in 3-Day

By Carol Ladwig

If you still get chills thinking about it nearly a month later, you know you've done something amazing.

What makes it so is how ordinary it seems, at first glance. There were these people who got together, raised some money, and then they walked. OK, they walked *far*. In only three days. Cheered on by complete strangers. Walking alongside cancer survivors for whom the words brave and determined are pale, watery descriptors.

That's what the 2008 Seattle Breast Cancer 3-Day (www.the3day.org) looked like from the outside. For the participating members of Team BRAS who walked 20 or so miles each day to raise money and awareness for breast cancer research, the experience surpassed "inspiring" and climbed right up close to "spiritual."

"It was the best of humanity... absolutely amazing," said Ted Ritter, one of the boys in BRAS (Babes and Boys Raising Awareness in Seattle), of the closing ceremony of the 2008 3-Day, which took place Sept. 12-14.

Matt Walker, Ted's future son-in-law, was the other boy, and longtime friend Carla Nordlinder, also of Duvall, was the babe of the team. Each of them committed to raising a minimum of \$2,200 to do the walk, and two of them also committed to a rigorous training schedule that would ensure they had the stamina to finish.

Carla walked about 300 miles to prepare for the 3-Day and proudly announced that she had zero blisters for the entire event. Ted walked about 350 miles and wasn't so lucky on the blister count. And Matt? A recent stint in the Navy kept him in pretty good shape, so "I didn't really train unless it was with them," he said.

Matt was not only the youngest member of the team, but also the quietest. He got involved in BRAS purely by association – when his finance Samantha Ritter did the walk last year, he came to see her at the closing ceremony, and "to see all those pink tents, and

all those people... it was just a great experience."

Connie landed on the team after seeing the closing ceremony last year, when she was a support person, not a walker. "I just really got pulled into the emotion of it all," she said.

Ted decided to walk after volunteering with the medical staff last year. A nurse practitioner, he was a little disgruntled that all he did for those three days was tend to people's blisters, but "I had to admire the tenacity of these people."

One woman, 71 and a two-time cancer survivor, had a blister over the entire sole of her foot that year, he said, and he advised her to stop walking. Her response to him was "Sonny boy, cancer didn't stop me; this blister isn't going to stop me."

This year was the first year walking for all three team members, but there were other firsts. Ted put on a fabulous red bra – outside his clothes -- for the walk and admits now, "I don't know how you ladies wear those things, they are so uncomfortable!"

Carla discovered that she had a personal connection to breast cancer, through friends and family members. Then she really started learning about the disease. "Washington has the highest rate of breast cancer in the nation," she said. Also, "You don't die from a tumor in your boob, you die from that metastasizing, and spreading throughout your body, and so really, (the 3-Day) benefits all cancer patients."

The 3-Day drew 3,500 walkers, 200 of them men, and all of them passionate, maybe even a little crazy, about the cause. Walkers sported ball caps with sequined bras stuffed with pink balloons, feathered wings and halos, and shirts with creative variations on a theme.

"They had names for breasts that I'd never heard of!" says Carla.

Each night at camp, the walkers heard stories from the survivors they walked with, hosted their own 3-Day Idol contest and danced – really



Nearly done with the walk Ted Ritter, sporting the red bra, and Matt approach Memorial Stadium. Photo courtesy of Laura Ritter

– but it wasn't all fun. There were 20 miles or so to walk each day before they could relax and count their blisters. About 700 people had already dropped out on the second day, but BRAS had no intention of doing that.

"We didn't train the 250-300 miles to not finish!" said Carla. Ted added, "I knew we were in shape to do it, but the question was, did we have the will to do it? Because on the second day, I didn't take one step without hurting."

On Sunday, Ted and Matt crossed the finish line together. Carla, overcome with emotion and accomplishment, finished the walk and headed into Memorial Stadium for the closing ceremony, without crossing the line.

Monday was almost an ordinary day. Carla got up and started walking right away. Ted decided to take the day off from his private practice. Matt, a medical assistant with Group Health, said "One of the doctors started clapping when I walked into work the next day."

BRAS will start organizing for the 2009 3-Day in January. They are looking for new



At the end of the walk, Carla Nordlinder tries to eat dinner, while Ted Ritter tries to nap. Photo courtesy of Laura Ritter



"Tired, fulfilled, let's do it again!" says Ted Ritter, left. Carla Nordlinder, center, and Matt Walker are the rest of Team BRAS. Photo by Carol Ladwig

members, but aren't losing any of the old ones.

"I'll do this until I can't do it

any more," said Ted. "It's definitely the most emotionally fulfilling thing I've ever done."

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October is Domestic Violence Awareness Month

The King County Council has proclaimed October as Domestic Violence Awareness Month in King County.

Councilmember Kathy Lambert and Council Chair Julia Patterson jointly outlined the serious effects of domestic violence on women and families. They also recognized the work of the King County Domestic Violence Council and partners in law enforcement and community service providers who help the victims of domestic violence.

"Here in King County, our community suffered several tragic murders of women by their family members earlier

this year," said Councilmember Lambert, who chairs the Law, Justice and Human Services Committee. "Among women, domestic violence also is the leading cause of death in the workplace. It is important to remember the lives of these women, and also to encourage survivors as well as raising awareness about the continuing threat of domestic violence."

Councilmember Lambert is a member of the King County Domestic Violence Council, which coordinated the annual Domestic Violence Awareness Rally on Oct. 3.

It's All Fun & Games

WEEKLY SUDOKU

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Ripley's Believe It or Not!

GERARD BRION of Naiseac, France, HAS SPENT 15 YEARS USING DISCARDED ITEMS TO BUILD A MODEL OF PARIS THAT FILLS HIS ENTIRE BACKYARD.

PEP, "THE CAT-MURDERING DOG" LIVED IN EASTERN STATE PENITENTIARY IN PENNSYLVANIA, USA, AND HAD HIS OWN INMATE NUMBER AND MUG SHOT.

Submitted By: Tara Huey, Atlantic City, N.J., USA

FRANCISCO GUERRO from Alabama, USA, CREATES THREE-DIMENSIONAL, LIGHTER-THAN-AIR, FOAM SIGNS AND LOGOS THAT FLOAT IN THE SKY.

Submitted By: Chris Connolly, Atlantic City, N.J., USA

9-25

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12	13
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DID YOU KNOW...

1. What Egyptian city was built up during the Middle Ages from limestone stripped off the exterior of the Great Pyramid?

2. What country is bordered by Austria, France, Slovenia and Switzerland?

3. What's the world's largest desert, as determined by the least precipitation?

4. What's a German sign reading "Rauchen verboten" telling you not to do?

5. What U.S. state boasts a difference of 20,320 feet between its highest and lowest points?

6. What Asian country boasts the largest Muslim population in the world?

7. What 4,588-mile dune-laden expanse did Choi Jong-yul say he walked across "because it was there"?

8. What Central American nation flies a flag with one blue and one red star?

9. What country is home to 21 per-

cent of the world's people?

10. What southern city did Andrew Jackson name for one on the Nile River?

11. What strife-torn African nation boasts a world high of 8.3 births per female?

12. What country's farthest southern and northern points are Land's End and John o' Groats, respectively?

13. Which of the seven wonders of the ancient world was demolished by an earthquake in 224 B.C.?

14. What Scandinavian country last fought in a war in 1814?

15. What European capital's Potsdamer Platz was busy enough to warrant the world's first traffic light?

16. What country went metric to join the European Community, but kept the pint for use in pubs and for milk?

(1) Cairo; (2) Italy; (3) The Antarctic; (4) Smoke; (5) Alaska; (6) Indonesia; (7) The Sahara Desert; (8) Panama; (9) China; (10) Memphis; (11) Rwanda; (12) Britain; (13) The Colossus of Rhodes; (14) Sweden; (15) Berlin; (16) Britain.

ACROSS

1. Chooses
5. Concepts
10. Resorts
14. Roman emperor
15. Parisian subway
16. Not us
17. Thrifty
19. Scarce
20. When it's clear, it's blue
21. Shrub
22. European peninsula
24. Course
25. Paddle-wheeler
26. Concoct
29. Gamma globulin
30. Rust, e.g.
31. Judicature
32. Sylvester or Garfield
35. Head
36. Timid
37. Prong
38. Relative of an ostrich
39. Instruct
40. Hindu social division
41. Deliver a sermon
43. Liquified
44. Avoiding detection
46. Small European freshwater fish
47. Exhilarate
48. Protagonist
49. A common virus
52. Historical periods
53. Gauntness
56. Learning method
57. Beauty parlor
58. Against
59. Require
60. Shop
61. A daring exploit

DOWN

1. 1 1 1 1
2. One-quarter of a bushel
3. Helen's city
4. Male offspring
5. Incarcerate
6. A form of theological rationalism
7. Carve in stone
8. A southern constellation
9. Alone
10. Small river
11. Druggist
12. Eagle's nest
13. Besmirch
18. Overweight
23. Not worst
24. Ocean motion
25. Partially melted snow
26. Fool
27. Test
28. Vilify
29. Pocket
31. Sports instructor
33. Initial wager
34. Adolescent
36. Vegetarian
37. Story
39. Inform
40. Drink served with marshmallows
42. Elevated
43. Nautical
44. Back of the boat
45. Paroxysm
46. Interior decoration
48. Angelic headgear
49. Monetary penalty
50. Parcels of land
51. Module
54. Welcome ____
55. Childhood game

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5	1	7	6	9	4	2	8	3
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C	A	S	T	E	M	E	N	T
N	E	I	T	A	S	N	O	W
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COMMUNITY CALENDAR

Events Calendar

Sat. Sept. 27	Duvall Heritage Festival at Dougherty Farmstead Duvall, 10 a.m. to 4:30 p.m.
Thursdays Oct. 2-30	Story Time 10 a.m., Carnation Library, temporarily located in the Sno-Valley Senior Center, 4610 Stephens Ave. All ages welcome with adult. Discover new friends in stories, rhymes, flannel boards and songs in this fun-filled half-hour program .
Fridays, Oct. 3-31	Young Toddler Story Times 10:15 a.m. at the Duvall Library. For ages 12 to 24 months with adult. Twenty minutes of stories, songs, puppets and games.
Thurs. Oct. 2	Duvall Farmers Market 1st and Stella, 3-7 p.m. Last week of the Farmers Market! Local produce, hand-made crafts, food, children's activities, and a weekly prize drawing. www.duvallfarmersmarket.com
Weekends Oct. 3-26	Remlinger Farms Harvest Festival 10 a.m. to 6 p.m., Fridays-Sundays. Corn maze flashlight adventure Friday nights, bonfires Oct. 10, 17 and 24, 6 to 9 p.m.
Tuesdays, Oct. 7- 28	Toddler Story Times 10:15 a.m. at the Duvall Library. For ages 2 to 3, with adult. Approximately 30 minutes of stories, songs, puppets and games.
Tuesday, Oct. 7-28	Preschool Story Times 11:30 a.m. at the Duvall Library. For children age 3 and older, 30 minutes of stories, songs, puppets and games.
Tues. Oct. 7	Game On! 4 p.m. at the Carnation Library's temporary location at the Senior Center, 4610 Stephens Avenue. More room for DDR, Nintendo Game Cubes, Guitar Hero, and table-top strategy games. Pizza and drinks provided by the Carnation Friends of the Library.
Tues. Oct. 7	Carnation Library Book Group 7 p.m. at the library's temporary location, Sno-Valley Senior Center 4610 Stephens Ave.). The Carnation Book Group is a fun meeting for adults who are interested in exploring new genres, and sharing ideas and opinions. Cont the library for current title.
Sat. Oct. 11	Camp Korey Open House & Spaghetti Feed 1-5 p.m. Tickets \$5 at the door.
Mon. Oct. 13	Columbus Day
Tues., Oct. 21	Teen Book Group at Tolt Middle School Join your friends for pizza and great books at the Tolt LRC after school: This month's topic is "Fantasy Adventure" - While supplies last free copies of new fantasy adventure titles are available . Contact Nancy Timson at the Tolt Middle School Library Resource Center, 425.844.4633 for more information.
Fri-Sun. Oct. 24-26	CCT presents "Twelve Angry Men (and Women)" at Cedarcrest High School Theatre. For tickets and times, visit www.cascadecommunitytheatre.org
Sat. Nov. 15	Valley of the Moon Gala and Auction 6 p.m. at the Sno-Valley Senior Center. Bid on trips, dinners, more. \$35 admission includes dinner (pork, beef tenderloin, or vegetarian), drink tickets, silent and live auctions. Call for tickets, 425-333-4152.

Civic Calendar

Duvall Chamber of Commerce	Thurs., Oct 2 • 7:15 a.m. Duvall Fire House — check-in/networking starts at 7:15 a.m.
Duvall Planning Commision	Thurs., Oct 2 • 7:00 p.m. Duvall Community Center, 26512 NE Stella Street
Snoqualmie Valley Amateur Radio Club . . .	Thurs., Oct 2 • 7:00 p.m. First Thursday of the month at the Duvall Fire Station 15600 1st Avenue • Duvall
Duvall Historical Society.	Mon., Oct 6 • 7:30 p.m. Dougherty House • 26526 Cherry Valley Road • Duvall
Carnation City Council.	Tues., Oct 7 • 7:00 p.m. Council Chambers at City Hall, 4621 Tolt Ave • Carnation
Duvall Hearing Examiner	Tues., Oct 7 • 6:30 p.m. Rose Room, Duvall Library, 15619 Main Street • Duvall Please call to confirm.
Duvall Civic Club.	Wed., Oct 8 • 7:00 p.m. Rose Room, Duvall Library, 15619 Main Street, Duvall.
Duvall Rotary Club.	Wed., Oct. 8 • 7:30 a.m. Meets each Wednesday @ Twin Dragon Restaurant • Duvall Guest Speaker John Norton from Genie Heavy Equipment
Duvall Homework Club	Wed. Oct. 8 • 6:00 p.m. Duvall Community Center, 26512 NE Stella Street • Duvall
Carnation Chamber of Commerce	Thurs., Oct 9 • 11:30 a.m. Meetings are the 2nd Thursday of the month at Miller's. Bring a bag lunch.
Community Networks Coalition	Thurs., Oct 9 • 2:00 p.m. Riverview/Snoqualmie School District Board Rooms
Duvall City Council.	Thurs., Oct 9 • 7:00 p.m. 6 p.m. Workshop, 7 p.m. City Council Meeting Duvall Fire Station, 15600 1st Avenue • Duvall
Duvall Cultural Commission.	Mon., Oct 13 • 7:00 p.m. Rose Room, Duvall Library, 15619 Main Street • Duvall
Riverview Education Foundation	Mon., Oct 13 • 7 p.m. Riverview School District Office, 32240 NE 50th St. • Carnation
Riverview School Board	Tues., Oct 14 • 7:00 p.m. Carnation District Office, Conference Room A/B
Fire District 45 Board meeting	Thurs., Oct 16 • 3:30 p.m. Duvall Fire Hall, 15600 1st Ave. NE
Duvall Library Board.	Mon., Oct 27 • 6:00 p.m. Rose Room, Duvall Library, 15619 Main Street • Duvall
Carnation Planning Board	Tues., Oct 28 • 7:00 p.m. City Council Chambers, Carnation City Hall • 4621 Tolt Avenue, Carnation
Youth Advisory Commission	Tues., Oct 28 • 7:00 p.m. Rose Room, Duvall Library, 15619 Main Street • Duvall
American Legion Post 199	Wed., Nov 5 • 7:30 p.m. Legion building, 31951 E Bird Street, Carnation 425-333-6792 or 425-333-6204.

CALENDAR ITEMS

WE ARE HAPPY TO LIST EVENTS WHICH ARE LOCAL, FREE AND OPEN TO THE PUBLIC IN OUR CIVIC CALENDAR, AT NO CHARGE WHEN SPACE IS AVAILABLE. THESE ITEMS WILL BE LIMITED TO 35 WORDS, NOT COUNTING THE DAY, DATE AND TIME.

TO INCLUDE EVENTS WITH ADMISSION CHARGES, OR ITEMS FOR SALE, OR TO SOLICIT MEMBERSHIPS, THERE IS A FEE OF \$10 FOR THE FIRST 35 WORDS (AGAIN, NOT COUNTING THE DAY, DATE AND TIME), AND 65 CENTS FOR EACH WORD IN EXCESS OF 35.

IF YOU WOULD LIKE TO ANNOUNCE AN UPCOMING EVENT, CONTACT EDITOR@RIVERCURRENTNEWS.COM, OR CALL 1-888-364-5088.

IMPORTANT CONTACTS:

All Emergencies dial 911

Carnation City Hall 425-333-4192

Carnation Police (business) 425-333-4190

Carnation Fire Dept (business) 425-333-4129

Duvall City Hall 425-788-1185

Duvall Police (business) 425-788-1519

Duvall Fire Dept (business) 425-788-1625

Cedarcrest celebrates Homecoming '08

Submitted by Ray LaBate

This year’s homecoming week was full of fun and festivities, including dress-up days, an outdoor assembly, a great dance, and a fireworks display to remember!

Dress-up days were based on the nautical theme, “Bon Voyage, Sale Away with Me!” and included: Blue Day on Monday, Pirate Day on Tuesday, Life’s a Beach on Wednesday, Castaway Day on Thursday, and Toga (seniors) Spirit (all others) on Friday.

Due to the gym construction Homecoming assembly was held outside on Friday and the weather cooperated on a grand scale, with the sun breaking through about halfway through the festivities. The assembly included performances by the cheerleaders, dance team and drill team, as well as the naming of the Royal Court.

Friday evening’s football game featured a record crowd of spectators and CHS Student Rowdies enjoying a close game that went down to the wire. The football game halftime show featured performances by the CHS marching band, cheerleaders, dance, and drill teams.

The show was followed by the

crowning of the Homecoming King and Queen. This year’s royalty included: Freshman Princess and Prince **Jessica Pitts** and **Chris Dowd**, Sophomore Princess and Prince **Natalie Anderson** and **Andrew Wheeler**, Junior Princess and Prince **Missy Dowd** and **Clay Ham-montree**, Senior Princesses **Katie Bunker**, **Emily Druschba** and **Stephanie Mackay** and Princes **Adam Candland**, **Darren Collinwood** and **Anthony Minaglia**. And the King and Queen were Katie Bunker and Adam Candland!

The Homecoming dance was held in downtown Seattle at the Bell Harbor

International Conference Center within the Maritime Museum. This venue allowed students to not only dance the night away, but also the opportunity to meander through the museum and learn about the maritime history of the Puget Sound.

It was a semi-formal affair, enjoyed by 495 students.



Queen Katie sneaks a smooch while King Adam takes it all in stride.



Halftime fireworks explode over the CHS Stadium. Photos by Shaun McWhinney

Library system celebrates King County Reads @ KCLS

King County Reads @ KCLS is a county-wide community reading and discussion series, now in its second year. This year, the event features the book “Three Cups of Tea: One Man’s Mission to Promote Peace...One School at a Time” by Greg Mortenson and David Oliver Relin.

Learn more about Pakistan and Afghanistan by meeting authors and speakers at the following events all around the county:

Meet the Author: Jim Wickwire, author of “Addicted to Danger: Memoir about Affirming Life in the Face of Death,” Monday, Sept. 29, 7 p.m. at the Bellevue Regional Library, 1111 110th Avenue NE, Bellevue.

The Marginal State at the Center: Pakistan, Tuesday, Oct. 7, 7 p.m. at the Issaquah Library, 10 W Sunset Way, Issaquah. Keith Snodgrass of the Henry M. Jackson School of International Studies at the University of Washington presents a lecture about Pakistan and its foreign policies.

Rebuilding Education Under Conditions of War, Thursday, Oct. 23, 7 p.m. at the Bellevue Regional Library, 1111 110th Avenue NE, Bellevue. Dr. Zaher Wahab, a professor at Lewis and Clark College, will discuss the challenges in rebuilding the educa-

tion system in Afghanistan.

Meet the Author: David Oliver Relin, author of “Three Cups of Tea: One Man’s Mission to Promote Peace...One School at a Time,” Tuesday, Oct. 28, 7 p.m. at Highline Performing Arts Center, 401 S 152nd Street, Burien.

Meet the Author: Ethan Casey, author of “Alive and Well in Pakistan: A Human Journey in a Dangerous Time” Wednesday, Oct. 29, 7 p.m. at the Federal Way Regional Library, 34200 1st Way S, Federal Way. For KCLS book discussion groups, visit **www.kcls.org** for specific locations, dates and times.



Come and Enjoy Trilogy’s Annual Holiday Artisan Boutique

October 11th and 12th • 10:00 am – 4:30 pm • Trilogy Cascade Club

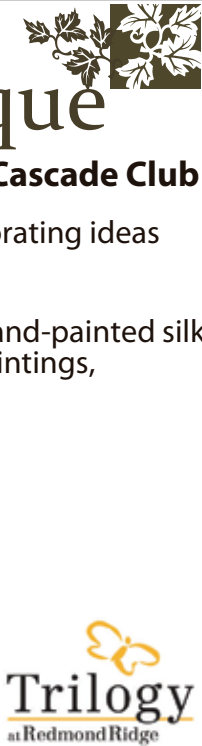
Enjoy a splendid display of amazing hand-crafted gifts and decorating ideas created by a variety of local artisans.

Stroll through various hand-crafted items including ceramics, hand-painted silk scarves and accessories, fused glass, jewelry, oil & watercolor paintings, photography, wood crafts, fabrics, and so much more!

Driving Directions to Trilogy

- Travel on I-405 S and merge onto 520 East towards Redmond
- Travel along 520 until it becomes Avondale Road
- Continue along Avondale Road for approximately 1-mile
- Take an easy right hand turn onto N.E. Novelty Hill Road
- Continue on Novelty Hill Road for 3.5-miles
- Turn left onto Trilogy Parkway and follow the signs to the Cascade Club.

For question or further information, please call the Member Services Desk at 425.216.1355.



STATEWIDE CLASSIFIEDS

This newspaper participates in a statewide classified ad program sponsored by the Washington Newspaper Publishers Association, a statewide association of weekly newspapers. The program allows classified advertisers to submit ads for publication in participating weeklies throughout the state in compliance with the following rules. You may submit an ad for the statewide program through this newspaper or in person to the WNPA office. The rate is \$195 for up to 25 words, plus \$8 per word over 25 words. WNPA reserves the right to edit all ad copy submitted and to refuse to accept any ad submitted for the statewide program. WNPA, therefore, does not guarantee that every ad will be run in every newspaper. WNPA will, on request, for a fee of \$40, provide information on which newspapers run a particular ad within a 30 day period. Substantive typographical error (wrong address, telephone number, name or price) will result in a “make good”, in which a corrected ad will be run the following week. WNPA incurs no other

liability for errors in publication.
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ADOPT: ADORING Pediatric Dentist & creative Internet Professional hope to fill your baby’s life with love, laughter. Expenses paid, Mike & Sophie 1(800)989-8921.
ADOPTION: Loving, stable home, filled with happiness, affection, strong family values & financial security awaits your baby. Expenses paid. Please call 1(800)336-5316.
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ALL CASH candy route. Do you earn \$800 in a day? Your own local candy route. Includes 30 machines and candy all for \$9,995. 1(888)771-3503.
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assistance. Financial assistance. Northern College of Construction. 1(866)358-5483; www.Heavy4.com, use code WAPA1.
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available. Free information: 1(800)578-1363, ext. 500-A; www.norwoodsawmills.com/500A
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